

September 2019

Mater Dei School Lunch Menu

LUNCH PRICE \$3.50, REDUCED PRICE .40, ADDITIONAL ENTRÉE PRICE \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
No School	No School	Burger Bar Baked French Fries 100% Fruit Punch Variety of Milk	Chicken Tempura Nuggets WG Dinner Roll Tater Tots Fruit in Light Syrup Variety of Milk	Domino's Pizza Seasoned Green Beans 100% Grape Juice Variety of Milk
Bosco Sticks with Marinara Sauce and Side of Pasta 100% Apple Juice Variety of Milk	Popcorn Chicken with WG Dinner Roll Mashed Potatoes Seasoned Corn Fruit in Light Syrup Variety of Milk	Grilled Cheese on Texas Toast Tater Tots Fruit in Light Syrup 100% Fruit Punch Variety of Milk	Soft Shell Tacos Refried Beans Fruit in Light Syrup Variety of Milk	Domino's Pizza Seasoned Peas and Carrots 100% Grape Juice Variety of Milk
Tangerine Chicken Long Grain Rice Steamed Broccoli 100% Apple Juice Variety of Milk	Chicken Tempura Nuggets with Macaroni & Cheese and WG Dinner Roll Fruit in Light Syrup Variety of Milk	Bacon Cheese Burger Emoji Potatoes 100% Fruit Punch Variety of Milk	Chicken or Cheese Quesadilla Seasoned Corn Fruit in Light Syrup Variety of Milk	Domino's Pizza Seasoned Green Beans 100% Grape Juice Variety of Milk
Pasta with Meat Sauce Steamed Green Beans 100% Apple Juice Variety of Milk	Popcorn Chicken WG Dinner Roll Mashed Potatoes Seasoned Peas Fruit in Light Syrup Variety of Milk	Philly Steak Sandwich with Toppings Hash Brown Rounds 100% Fruit Punch Variety of Milk	Nacho Salad Supreme Seasoned Corn Fruit in Light Syrup Variety of Milk	Domino's Pizza Steamed Carrots 100% Grape Juice Variety of Milk
Toasted Mini Ravioli Marinara Sauce Steamed Broccoli Variety of Milk 100% Apple Juice Variety of Milk	Welcome back to school! Start the school year off right by choosing from our healthy lunch options. Make sure your child knows about the foods available to them each week!			

Alternate Lunch Choices:

- Monday**
WG Deep Dish Pizza
"Grab & Go" Meals
Yogurt or Brunch for Lunch
Cheesy Nemo Cheese Sandwich
Wow Butter & Jelly WG Sandwich
- Tuesday**
WG Deep Dish Pizza
"Grab & Go" Meals
Yogurt or Brunch for Lunch
Ham & Cheese Sandwich
Wow Butter & Jelly WG Sandwich
Hot Dog on WG Bun
- Wednesday**
WG Deep Dish Pizza
"Grab & Go" Meals
Yogurt or Brunch for Lunch
Turkey Sandwich on Ww Bread
Wow Butter & Jelly WG Sandwich
- Thursday**
WG Deep Dish Pizza
"Grab & Go" Meals
Yogurt or Brunch for Lunch
Wow Butter & Jelly WG Sandwich
Hot Dog on WG Bun
- Friday**
"Grab & Go" Meals
Yogurt or Brunch for Lunch
Cheesy Nemo Cheese Sandwich
Wow Butter & Jelly WG Sandwich

Available Daily at Lunch:

- Side Dishes**
Baby Carrots
Cucumber Slices
Tossed Romaine Salad

Fruit In Light Syrup

- May include: Applesauce,
Peaches, Pears, Strawberries,
Pineapple, Mixed Berries,
Mandarin Orange

- Assorted Fresh Fruit**
Sliced Fresh Red Apples
Orange Slices
Fresh Banana

- Variety of Milk**
1% White Milk
Skim Milk
Chocolate Milk
Strawberry Milk
Lactaid Milk